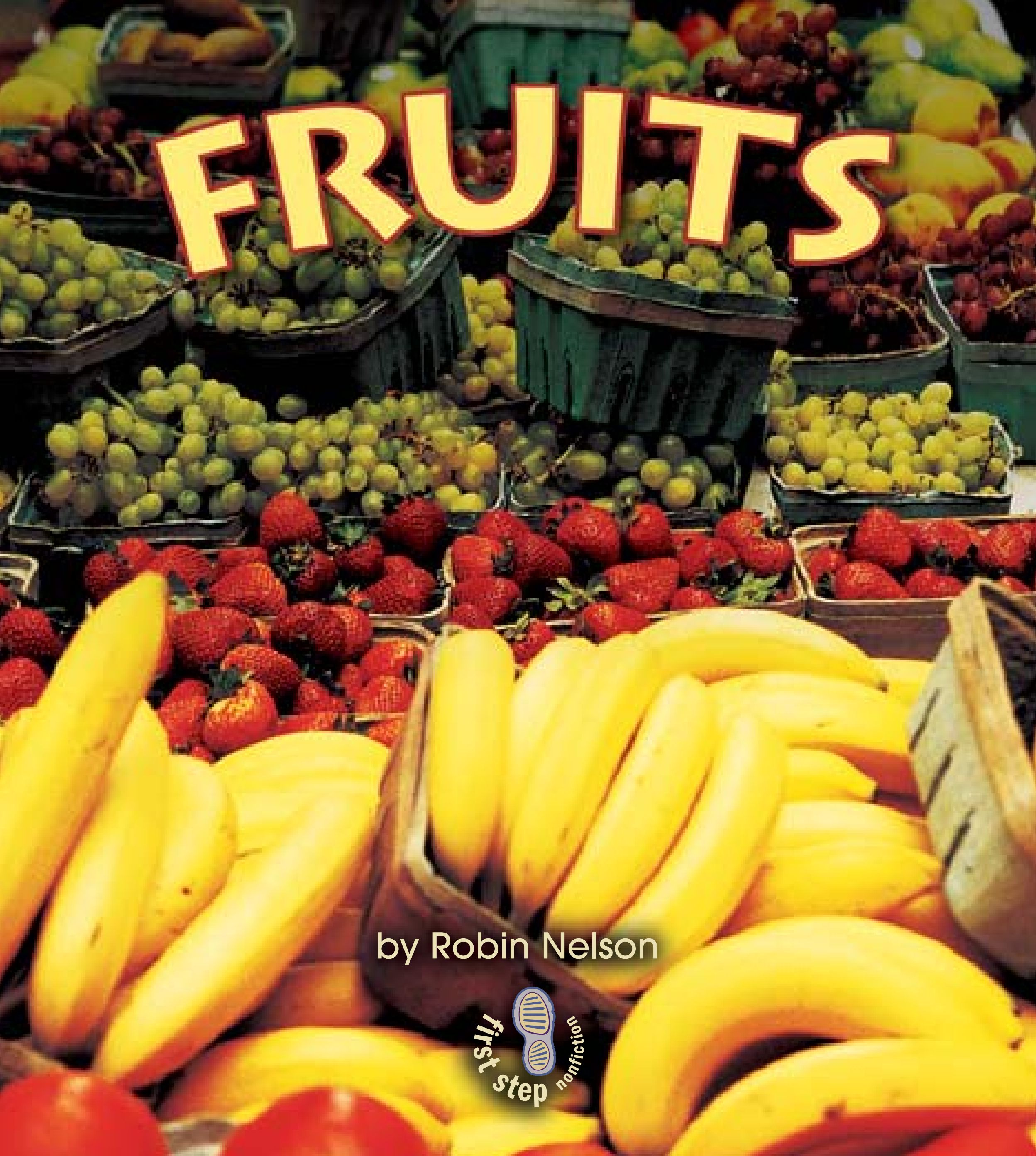


FRUITS

by Robin Nelson

first step nonfiction

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Lerner Publications Company · Minneapolis



We need to eat many different foods to stay **healthy**.



We need to eat foods in the **fruit** group.



Fruits are parts of plants.



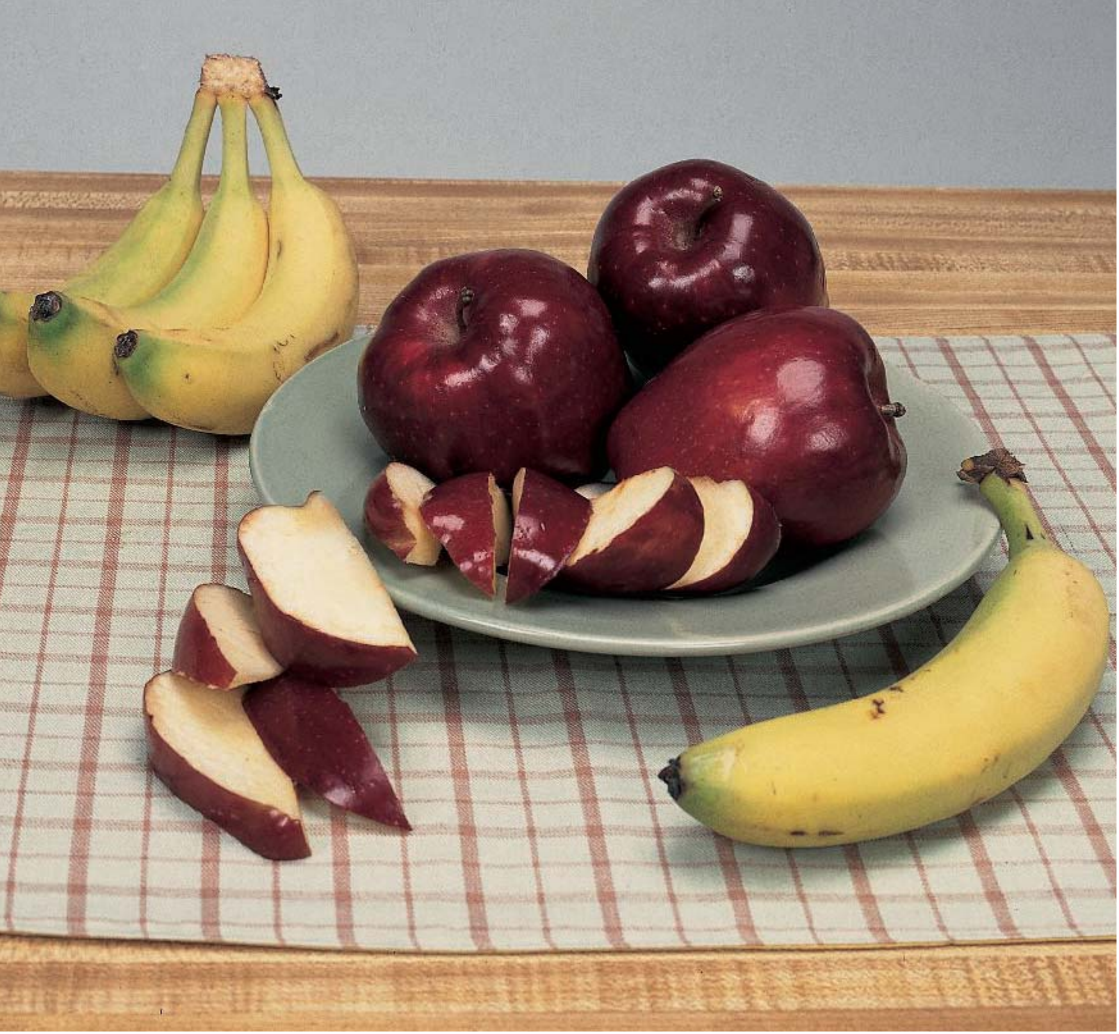
Fruits give us **vitamins** and **minerals**.



Fruits help keep us from getting sick.



Fruits help us grow.



We need two **servings** of fruit each day.



We can eat an apple.



We can eat kiwi.



We can eat watermelon.



We can eat blueberries.



We can eat strawberries.



We can eat grapes.



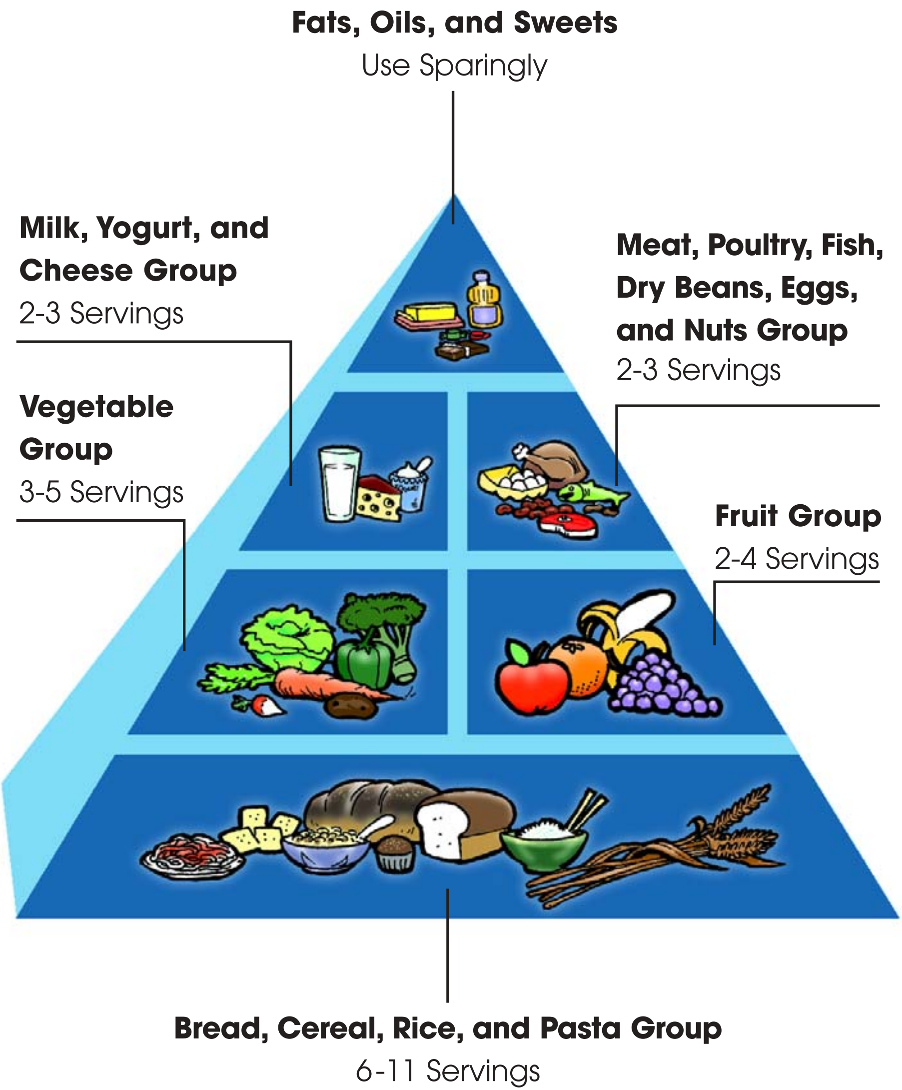
We can eat pears.



We can drink orange juice.



Fruit keeps me healthy.


Fats, Oils, and Sweets
Use Sparingly
Milk, Yogurt, and Cheese Group
2-3 Servings
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
2-3 Servings
Vegetable Group
3-5 Servings
Fruit Group
2-4 Servings
Bread, Cereal, Rice, and Pasta Group
6-11 Servings

Fruit Group

The food pyramid shows us how many servings of different foods we should eat every day. The fruit group is on the second level of the food pyramid. You need 2–4 servings of fruit every day. You could eat a banana, apple, or orange. You could eat a cup of canned fruit. You could drink a cup of fruit juice. Fruits give you vitamins to help you grow. Eating citrus fruits, like oranges and grapefruit, can help your body fight diseases.

Fruit Facts

- Fruit grows on trees, bushes, or vines.

- Fruits have one or more seeds inside of them.

- Citrus fruits contain vitamin C. Vitamin C helps your skin to heal.

- Only fruit juices that are 100% juice can count as a serving of fruit. Many fruit “juices” are mostly sugar and only a little fruit juice.

- There are more than 50 different kinds of grapes.
- Strawberries are the most popular berry in America.
- There are 200 tiny seeds on every strawberry.
- Bananas are the most popular fruit in America.

Glossary



fruit – the part of a plant that has seeds



healthy – not sick; well



minerals – parts of food that keep your blood, bones, and teeth healthy



servings – amounts of food



vitamins – parts of food that keep your body healthy

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